

Waste Saving Tips

You can significantly reduce your generation of solid waste at home, at virtually no cost to you! All you will need to do is take a few actions, and start a few new habits.



Reduce Junk Mail - how many items of mail do you throw away **every day** ? If you are like most people, you probably receive several thousand pieces of unwanted junk mail a year. To eliminate the majority of these mailings, all it takes is a quick letter to the Mail Preference Service. This is a service of the Direct Marketing Association that allows consumers to remove their names from mailing lists. Businesses use the service to remove consumers from their mailing lists who don't want to receive such mail.

To register, access the web site below and fill in the form, or send your name and home address in writing to:

Mail Preference Service
Direct Marketing Association
P.O. Box 9008
Farmingdale, NY 11735-9008

Be sure to include as many versions of your name as appears on mailings that you receive. You must register directly; second party requests cannot be processed. Your name will be placed on a "delete" file which is made available to participating companies quarterly. You should notice a decrease in advertising within 3 months. You will continue to receive mail from businesses that you are currently doing business with or have in the past. You will also receive mail from organizations who do not use the service to delete names from their mailing lists. You will also receive mail from local merchants, political candidates, and mail addressed to "occupant" or "resident".

http://www.cohn-wells.com/feedback/mailpref/mail_pref_srvc.html

Easy and inexpensive

Free or Envelope + \$0.32 stamp



Reduce Grocery Bag Usage, - What do you do with all those bags you receive every week at the grocery? Do you throw them away? Reuse them? Try purchasing a re-usable grocery bag and take it with you to the store. You could save over 1000 grocery bags per year!

Easy and inexpensive

\$2-3/re-useable bag



Compost yard waste and save money on fertilizer at the same time! Although there are many approaches to composting, you don't need any special container, and you don't need any special method of upkeep. The various methods and containers are simply for:

What to compost: Yard waste, food waste (not containing oils or meat products, otherwise you risk attracting pests), coffee grounds, eggshells, and manure. Small amounts of paper or ashes can also work.

Where to compost: Any outside location will do, and all you need is a few square feet. You can put it in a special container, create a border with chicken -wire or other wire material, or just dump it on the ground! Another technique is simply to bury the material in your yard as soon as you generate it! The City of Atlanta will also pick up compostable materials. All yard waste and other compost materials must be bagged in the brown paper bags purchased at local hardware stores and set out with your weekly trash.

Free

\$0



Keep a cup at your desk. – OK, so this isn't really a home item, but it is a habit that you directly control. Why get a new cup with every cup of coffee, tea, or soda that you have at the office? Take a cup or mug to work and re-use it throughout the day. You will save hundreds of cups from the landfill, and you might even get your coffee cheaper. Numerous locations, including several within and near the AFC, give discounts for bringing your own mug.

Easy and inexpensive

1 Cup or Mug is \$.50 - \$5.00



Recycle – If you haven't started recycling, start today! The easiest items to recycle are newspapers and aluminum cans. However, many recycling locations are now including glass, plastics, metal, magazines, telephone books, junk mail, corrugated cardboard, white and colored paper, and cereal/cracker boxes.

If you live in the **City of Atlanta**, they will currently pick up newspaper, aluminum cans, metal cans, For (such as soup and cat food), glass, and HDPE 1 and 2 plastics (this means milk and orange juice containers, soft drink bottles, and many shampoo bottles, contact lense solution bottles, etc. Look for a number one or two in the recycling symbol on the bottom of the container. For a list of Atlanta recycling drop off points try this web site: <http://www.atlanta.org/fyi/fyi667.htm>

If you live **outside the City of Atlanta**, try this web address:

<http://www.dca.state.ga.us/waste/waste2.html>

Easy and Free

\$0